



**GRADE 12**

# Optimizing Athletic Performance 12

## SD43 Coquitlam

Elite athletes have specific needs & requirements in order to achieve their desired goals. Designed for athletes that want to learn about & partake in the latest training techniques available. Incorporate Functional Movement Screening (FMS), performance testing & video analysis to determine the best strategies to maximize the benefits for each athlete. Rehabilitation of injuries, coaching, sport psychology, analytics & university recruitment will be covered.

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**Credits:** 4

**Approval Date:** Feb 2020

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**Hours:** 120

**Trax Code:** Y

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## GOALS AND RATIONALE

Understanding that personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Understanding the specific needs & attributes that elite athletes must demonstrate to be successful can enhance performance. Knowing how our bodies move and function helps us stay safe during exercise. Making healthy choices can help us reach our health and fitness goals. Following proper training guidelines & techniques.

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## BIG IDEAS

Developing a broad range of athletic & non-athletic skills will enhance opportunities in diverse Careers in Athletics. Understanding the specific needs & attributes that elite athletes must demonstrate to be successful can enhance performance. Knowing how our bodies move & function helps us stay safe during exercise. Making healthy choices can help us reach our health & fitness goals. Following proper training guidelines & techniques can help us reach our health & fitness goals.

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## ADDITIONAL INFORMATION

Aboriginal Worldviews and Perspectives: Engaging in athletic practices allows students to explore their own identity while recognizing the implications of one's choices, actions and decisions. Athletic performance is holistic, reflexive, reflective, experiential, and relational. Physical & mental fitness ultimately supports the well-being of self, family, community, land, spirits & ancestors.